

THE BEST PEP TALK EVER

Want to get motivated, fired up, psyched, ready to take on the world? All you have to do is fill in the blanks.

STEP 1: CONFRONT YOUR FEARS

If I were truly brave, I would _____ . But I've been telling myself I can't because
(what's the one thing you really want to do?)

(list all the reasons you've put off getting started)

Really, though, the worst thing that would happen is _____
(how bad could it be?)

My bravest friend, _____ , would tell me to _____
(name) (what sage advice would she or he give?)

But I'm afraid of other people, like _____ , will say _____
(who are these negatrons?) (what's the worst they could come up with?)

If that happens, I'll respond by _____
(you'll feel more confident if you have a plan)

STEP 2: CALL IN REINFORCEMENTS

Asking for help doesn't make me look weak. When things get hard, I'll call _____ for backup because
(who is your greatest supporter?)

_____ and _____ because _____
(how will this person help you reach your goal?) (who else?) (how will this person help you reach your goal?)

Having people on my team will make me feel _____
(stronger? more confident? safer?)

STEP 3: DARE YOURSELF TO GET STARTED

If I want to begin _____ right this minute, I can _____
(what's your goal again?) (what's your first move?)

_____. Then, over the next few months, I can _____ and _____
(set mini goals)

and _____. Even if _____ happens, I won't give up because _____
_____.

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